



DEPARTMENT OF THE INTERIOR

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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

"OYSTERS ROCKEFELLER" SUGGESTED FOR SEPTEMBER

Since September opens the fresh-oyster season in the Eastern States, the homemaker can again plan to use these delicately flavored shellfish for family and party dinners.

Aside from having no waste and being easy to prepare, oysters are an excellent source of the "protective" nutrients—proteins, minerals, and vitamins. Few foods are better balanced nutritionally than oysters, says the Fish and Wildlife Service.

"Oysters Rockefeller" is one of the dishes that have made New Orleans cuisine known the world over. This dish had its origin in that city a number of years ago at world-famous Antoine's restaurant and was so named at once when a guest to whom it was being served exclaimed, "Rich as Rockefeller!"

Either Eastern or Pacific oysters may be used in this recipe according to the home economists of the Fish and Wildlife Service.

Oysters Rockefeller

*36 shell oysters	$\frac{1}{8}$ teaspoon celery salt
2 cups cooked spinach	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup onion	6 drops Tabasco sauce
2 bay leaves	6 tablespoons butter or other fat, melted
1 tablespoon parsley	$\frac{1}{2}$ cup dry bread crumbs

Shuck and drain oysters, place on deep half of shells. Put spinach, onion, bay leaves, and parsley through food grinder; add seasonings. Lightly brown in butter for about 5 minutes. Add bread crumbs; mix. Spread mixture over oysters. Bake in a hot oven, 400° F., for 10 to 15 minutes or until brown. Garnish with lemon slices. Serves 6.

*If shell oysters are not available $1\frac{1}{2}$ pints of select oysters may be used. Drain oysters and arrange on a shallow, well-greased baking dish; spread with spinach mixture and cook as above.

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